

## CLAIMS

1. A low-gluten wafer comprising:  
about one part wheat starch,  
about one part pre-gelatinized wheat starch, where the wheat starch and the pre-gelatinized wheat starch are combined to form a first substantially homogeneous mixture, and  
about two parts water, where the water has a temperature of between about 100 degrees Fahrenheit and about 150 degrees Fahrenheit, said water added to said first substantially homogeneous mixture to create a substantially homogenous pre-cooked mixture, where between about 1/20<sup>th</sup> of a teaspoon to about 1/2 of the pre-cooked mixture are heated to a temperature between about 250 degrees Fahrenheit to about 400 degrees Fahrenheit for between about 5 minutes to about 10 minutes.
2. The low-gluten wafer according to claim 1 wherein, the wafers, after heating, are cooled to about room temperature.
3. The low-gluten wafer according to claim 2 wherein the wafers are stored in an airtight environment.
4. The low-gluten wafer according to claim 1 wherein the wafers, after heating, are cooled to temperatures below about 32 degrees Fahrenheit
5. The low-gluten wafer according to claim 1, where the water has a temperature of about 125 degrees Fahrenheit
6. A method of making a low-gluten wafer comprising the steps of:  
combining about one part wheat starch with about one part pre-gelatinized wheat starch into a first substantially homogeneous mixture,

adding water to the first homogenous mixture where the water has a temperature between about room temperature and about 212 degrees Fahrenheit degrees until the combination of water and the first substantially homogeneous mixture create a substantially homogeneous pre-cooked mixture,

sheeting portions of the pre-cooked mixtures of about between 1/20<sup>th</sup> of a teaspoon to about 1/2 of a teaspoon onto a cooking surface having a temperature between about 250 degrees Fahrenheit and about 350 degrees Fahrenheit, and

cooking said portions for about 5 minutes to 10 minutes.

7. The method according to claim 6, where the sheeting step further includes shaping the portions of the pre-cooked homogeneous mixture into wafers having a diameter of about 1.0 inch to about 3.5 inches.

8. The method according to claim 7, where the cooking surface may include two parallel heated plates where said portion of the pre-cooked homogeneous is sheeted between the parallel plates.

9. The method according to claim 7, further comprising the step of cooling the wafers to a temperature between about 32 degrees Fahrenheit to room temperature.

10. The method according to claim 7, further comprising the step of cooling the wafers to a temperature below about 32 degrees Fahrenheit.

11. A low gluten wafer having a pre-cooked mixture composition of about 25 % by weight wheat starch, about 25 % by weight pre-gelatinized wheat starch, and about 50% water, where said water has a temperature between about room temperature to about 212 degrees Fahrenheit, where the wheat starch and pre-gelatinized wheat starch are first combined into a substantially

homogeneous mixture and the water is then added and mixed to create a substantially homogeneous precooked mixture.

12. The low gluten wafer according to claim 11 where the water has a temperature of about 125 degrees Fahrenheit.
13. A low-gluten wafer comprising:  
about 2 tablespoons of pre-gelatinized wheat starch,  
about 2 tablespoons of pre-gelatinized wheat starch, and  
about ¼ cup of water.